

YOUR BABY: 2 TO 9 MONTHS

POINTS TO REMEMBER



SAFETY

- ♥ ALWAYS WASH your hands before preparing food, after changing diapers or using the bathroom to keep your baby from getting infections.
- ♥ ALWAYS PLACE your baby on his/her BACK TO SLEEP, unless instructed not to do so by your health-care provider.
- ♥ ELIMINATE tobacco smoke in your baby's environment (daycare center, babysitter's house, relative's house, etc). MAKE your car and home a smoke free environment.
- ♥ ALWAYS BUCKLE your baby in a car seat and place the car seat in the back seat of the car (facing the rear of the car). When your baby weighs 20 pounds, is 1 year old, and can sit up alone, you can turn the car seat to face the front of the car.
- ♥ DO NOT overheat your baby by dressing him/her with TOO MANY clothes or APPLYING too many blankets.
- ♥ NEVER LEAVE your baby ALONE in a vehicle. NEVER LEAVE your baby alone with a pet or other young children.
- ♥ TAKE your baby to a health-care provider's office for REGULAR well check-ups and immunizations.
- ♥ EARLY SIGNS that your baby may be ILL are fever, vomiting, diarrhea, or failure to eat. IF ANY of these signs are present, take your child to your health care provider for evaluation and treatment.
- ♥ INSTALL smoke detectors in your home. CHANGE the batteries twice a year in the spring and fall when time changes are made.
- ♥ NEVER LET YOUR BABY ride in vehicles if you suspect the driver has been using alcohol or drugs. Never ALLOW anyone who is drinking or using drugs to provide childcare.
- ♥ DO NOT LEAVE your baby alone on high places (changing tables, sofas, tables, and chairs). Put gates at the top and bottom of stairs. Don't leave your baby alone in a tub of water. Don't use a walker.
- ♥ HAZARD PROOF your home. Use safety locks on cabinets. Keep medicines and poisonous products in a safe, secure, locked place, out of your baby's reach. If your child accidentally takes medication or puts a poisonous product in his/her mouth, call the POISON HOTLINE 1-800-722-5725. Place plastic safety plugs in electrical plugs (sockets). Get down on the floor at your baby's eye level to look for hazards (coins, buttons, safety or straight pins, cords of any type, furniture with sharp or rough edges).
- ♥ DON'T drink hot liquids or smoke cigarettes while holding your baby.
- ♥ INSPECT toys for small parts or sharp edges and keep these toys out of the reach of your baby.
- ♥ IF YOU or your baby are experiencing EMOTIONAL, PHYSICAL, or SEXUAL ABUSE, TELL your health-care provider or call the ABUSE HOTLINE 1-800-752-6200 for help.



NUTRITION

- ♥ BREAST-FEED your baby if possible at least 6-12 months.
- ♥ IF you bottle-feed, feed your baby iron-fortified formula.
- ♥ DO NOT give your baby honey.
- ♥ BEGIN to introduce iron-fortified RICE cereal at 4 to 6 months and FEED your baby with a spoon. DO NOT put cereal in a bottle. If your baby has no problem with cereal, ADD a new pureed fruit or vegetable each week.
- ♥ EXPECT your baby to gain 2 pounds each month for the first two months, then 1 pound each month until 1 year of age.
- ♥ ASK your health care provider about the WIC program.

- ♥ After 6 months, introduce solid food gradually with a spoon, and OFFER solid food two to three times a day, OFFER liquids from a cup, start giving juice beginning with apple juice and LIMIT to 4 to 6 ounces per day. NEVER give your baby peanuts, popcorn, hot dogs, large pieces of raw vegetables or fruits, whole grapes, raisins, corn, whole beans or tough meat. Any of these foods can cause your baby to choke.
- ♥ AT 9 MONTHS, ENCOURAGE finger foods and mashed foods. ALWAYS supervise your baby while he/she is eating. CONTINUE to teach your baby to drink from a cup.



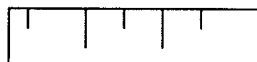
HEALTHY TEETH

- ♥ TO KEEP TEETH HEALTHY, DO NOT put your baby to bed with a bottle. DO NOT prop a bottle in your baby's mouth or allow the baby to feed "at will."
- ♥ BEGIN to clean your baby's teeth as soon as they appear, with a thin washcloth wrapped around your finger or a small soft toothbrush.
- ♥ IF you do not use city water that has fluoride added, GET your water tested to see if your baby needs fluoride supplements. Please note: most bottled waters DO NOT have fluoride added.



CARE and INTERACTIONS

- ♥ NURTURE your baby by holding, cuddling, talking, singing, and rocking him/her.
- ♥ ENCOURAGE your baby to talk by PLAYING and TALKING to him/her while dressing, bathing, feeding, playing, walking and driving.
- ♥ READ to your baby and PLAY music.
- ♥ YOUR baby may sleep 3 to 4 hours at a time and stay awake 1 hour or longer.
- ♥ ESTABLISH a bedtime routine by the age of 2 months.
- ♥ WHEN your baby is 4 months old, put him/her to bed without feeding with the breast or bottle and ENCOURAGE him/her to learn to comfort himself. Provide objects like a stuffed animal, a blanket or a favorite toy. ONLY GIVE your baby toys for his age to STIMULATE his/her interest.
- ♥ WHEN your baby is upset and crying, he/she can usually be CALMED DOWN by being spoken to or held. There may be times when you may not be able to stop your baby from crying, no matter what you do. Just have patience, after some time, he/she will calm down.
- ♥ TAKE TIME for yourself and spend some individual time with your partner, friends and family members. AVOID socially isolating yourself.



GROWTH and DEVELOPMENT

The following milestones are typical for babies as they develop.

<u>By 2 Months</u>	<u>By 4 Months</u>	<u>By 6 Months</u>	<u>By 9 Months</u>
Smiles and shows pleasure in contact with adults	Looks at, opens and holds own hands	Reaches and transfers object from hand to hand, and puts objects in mouth	Plays Peek-a-boo
Eyes follow you and shows interest in objects	Reaches for objects	Turns to sound, vocalizes "Dada", "Baba"	Bangs & throws objects
Coos & Babbles in response to voices	Follows you with his eyes	Babbles to echo you	Says "Mama" & "Dada"
Lifts head and upper chest with support on forearms when on stomach	Holds head erect, but raises body on hands while on stomach	Rolls over, sits with support and stands when placed in standing position	Sits up without support
	Laughs and squeals out loud	May have stranger anxiety	Responds to name
			Understands "No-no" and "Bye-bye"
			Crawls, creeps or scoots on bottom
			Feeds self

Reference: Maternal and Child Health Bureau, *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents*, National Center for Education in Maternal and Child Health, 1994, Arlington, VA.